



## National Conference on 'Fostering Family Resilience: From Prevention to Empowerment'



### **Akuminla Imchen**

The Department of Social Work, Kristu Jayanti (Deemed to be University), Bengaluru, organized a two-day National Conference on “Fostering Family Resilience: From Prevention to Empowerment” on October 27–28, 2025, under the School of Humanities and Social Sciences. The event began with an inaugural ceremony graced by Fr. Augustine George, Vice Chancellor, and Dr. Umma Buggi, Director, State Institute of Health and Family Welfare, Bengaluru. A major highlight of the inauguration was the release of the Abstract Book, marking the start of an insightful academic exchange.

Session I, led by Dr. Umma Buggi, focused on “Women and Health”, highlighting the connection between women’s wellbeing and family resilience. Session II, by Dr. Sheila Ramaswamy from the Azim Premji Foundation, addressed “Resilience for Children: Psychosocial Care within Families”, emphasizing emotional security for child development. Session III, facilitated by Dr. K. Sathyamurthi, Dean – Research, Madras School of Social Work, offered “Social Work Perspectives on Family Resilience”, stressing the role of social work in strengthening family systems. Session IV, by

Ms. Saradha S, Research Scholar at NIMHANS, discussed “Technology and Family Wellbeing”, exploring the balance between digital connectivity and relationships.

Continuing the academic exchange, Session VI, by Shri Akshara Damle, Founder & CEO, ManoSamvada, focused on “Strong Families: Practical Tools for Connection and Harmony”. Session VII, led by Dr. Jayaprada Suresh, explored “Family Counselling” as a therapeutic tool for conflict resolution. The concluding Session VIII, by Adv. Venkatasudarshan D.R., Retd. Principal District & Sessions Judge, discussed “Family and Law: Violence against Women and Girl Children.”

The conference also featured 23 paper presentations across two venues, A2 Auditorium (online and offline) and A1 Conference Hall (offline), moderated by Dr. Challaraj Emmanuel and Ms. Vimala M, respectively. The event successfully created a multidisciplinary platform, fostering meaningful dialogue and deeper understanding of family resilience in today’s changing social context.

## Kristu Jayanti University Inaugurates NIPM Student Chapter to Strengthen Industry-Academia Linkages



### Monica Ann George

The Department of Social Work, School of Humanities and Social Sciences, Kristu Jayanti (Deemed to be University), Bengaluru, in collaboration with the National Institute of Personnel Management (NIPM) – Karnataka Chapter, inaugurated the NIPM Student Chapter on October 11, 2025, at the A2 Auditorium, Admin Block. The initiative marks a significant milestone in bridging the gap between academic learning and industrial practice, providing MSW students with a platform for professional development, networking, and employability enhancement.

The event commenced with a soulful invocation by the Department Choir, followed by a cordial welcome from Mr. Hemanth Kumar M., II MSW Student Coordinator, who extended heartfelt gratitude to NIPM for its partnership in nurturing future HR professionals. The Presidential Address was delivered by Fr. Dr. Augustine George, Vice Chancellor, Kristu Jayanti College, who emphasized the crucial role of professional associations like NIPM in fostering holistic student growth and promoting industry-academia collaboration.

Mr. Sanjay Mitra, Chairman, NIPM Karnataka Chapter, delivered the Inaugural Address, elaborating on the vision, objectives, and contemporary relevance of HR in modern organizations. He also administered the oath-taking ceremony, formally inducting students into the NIPM Student Chapter. The occasion was further enriched by Mr. Nagaraj G., NIPM Institute Interface Chairman, who presented the department with the official NIPM Plaque, symbolizing the beginning of a collaborative partnership.

The event concluded with a Vote of Thanks proposed by Ms. Monica Ann George, II MSW Student Coordinator, who expressed appreciation to all dignitaries, faculty, and participants for their contributions. Following the inauguration, an interactive session chaired by NIPM members allowed students to share their perspectives and gain insights into HR trends, industry expectations, and career pathways.

The inauguration strengthened the academic–industry linkage, inspiring MSW students to engage with NIPM actively and promoting a culture of continuous professional learning in the field of Human Resource Management.



## Collaborative Meal Packaging Event with RAHI: Promotes Zero Hunger Initiative



### Dhaniya Shirin KH

The Department of Social Work, Kristu Jayanti (Deemed to be University), in collaboration with Rise Against Hunger India (RAHI), organized a Collaborative Meal Packaging Event on October 25, 2025, at Rahi Warehouse, Bengaluru. Eleven students from II MSW—Abhishek Matthew Das, Akuminla Imchen, Badashisha Rane, Deinihun I. Syngkon, Ibashisha Lakhmie, Jessie Mary Pale, Joel Nainan Xavier, Komal Yadav, Priyanka Khongbantabam, Shalina Jamatia, and Shanila Takhelmayum,

volunteered enthusiastically for the cause.

The initiative aimed to contribute towards Sustainable Development Goal 2: Zero Hunger, offering students practical exposure to community-based service while promoting teamwork, coordination, and leadership. During the activity, students guided volunteers through the packaging process, which involved adding nutritional sachets, measuring rice and dal, sealing packets, and arranging them into cartons. Over 6,000 nutritious meal packets were successfully prepared, reflecting the collective spirit of compassion and service.

The meals packed by the students are distributed by RAHI to various partner organizations—including orphanages, schools, hospitals, and old age homes—benefiting children, patients, and senior citizens in need. The event not only strengthened the students' sense of social responsibility but also inspired them to understand the impact of collaborative action in addressing hunger and promoting sustainable community development.

## Community Organisation Programme: Awareness Session on Child Rights and Protection



### Mathews K Saji

The Department of Social Work, Kristu Jayanti (Deemed to be University), conducted a Community Organization Programme on “Child Rights and Protection” at Sneha Jyothi Ashraya, Byrathi, on October 29, 2025. The session aimed to help children understand their rights, differentiate between safe and unsafe situations, and build

confidence and mutual respect. Through interactive discussions, stories, and question–answer activities, the children were encouraged to express themselves freely and recognize the importance of personal safety. The programme created a positive impact, fostering awareness among children, caregivers, and the community about ensuring a safe and nurturing environment for every child.

# Student-Led Training Programmes by the II MSW students



## Komal Yadav

As part of the experiential learning component of the MSW curriculum, the Department of Social Work, Kristu Jayanti (Deemed to be University), Bengaluru, organized a series of Student-Led Training Programmes during October 2025. These initiatives provided a platform for II MSW students to collaborate in groups of three and conduct training sessions in different schools on topics relevant to adolescent well-being, emotional growth, and academic success. The programmes aimed to build the students' facilitation and communication skills while creating meaningful learning experiences for school children across different regions.

On October 22, 2025, a Student-Led Training Programme on "Academic Stress Management" was conducted at St. Teresa's Girls High School, Nedumkunnam, Kottayam, Kerala, by Ms. Akshaya, Ms. Merin Tresa Kuriakose, and Ms. Aleena Shaji. The interactive session for 7th-grade students focused on helping them manage exam-related anxiety and develop effective coping strategies.

On October 24, 2025, a seminar on "Building Confidence and Emotional Intelligence" was held at Morning Star Public School, Thanisandra, by

and Mr. Abhiram G. Nair, engaging 40 students from Classes 8 and 9 in activities to enhance self-esteem and emotional balance.

On the same day, another team comprising Ms. Mariam Gigi, Mr. Raja Sunil, and Mr. Satya Pradhan conducted a session on "Time Management and Goal Achievement: Overcoming Procrastination" at Sai Shankara Vidyashala, Bengaluru, for 39 students of Class 10. The session encouraged effective time utilization and goal setting through engaging activities like the "Fast Reaction Challenge."

On October 31, 2025, Ms. Dimple Maria, Mr. Joel Nainan Xavier, and Mr. Hariharan facilitated a session on "Mind Over Media: Building Digital Habits" at National Icon Academy School, emphasizing mindful technology use and awareness of digital well-being.

On the same day, Ms. Ibashisha Lakhmie, Ms. Marina Mangthameni, and Ms. Nandana C. A. conducted a training session at Don Bosco High School on "Emotional Intelligence: Key to Relationship and Growth." The programme for 25 students of Class 9 focused on understanding and managing emotions to build healthy relationships and personal growth.



# Community Organisation Programmes by the I MSW students



## Abhiram G Nair

As part of their academic curriculum, the I MSW students of the Department of Social Work, Kristu Jayanti (Deemed to be University), conducted a series of Community Organization (CO) programmes during October 2025. These programmes enabled students to practice the primary method of social work by collaborating with NGOs and addressing community needs through awareness and participatory sessions. The initiatives aimed to promote social responsibility, community development, and health awareness among diverse groups.

In collaboration with Grace NGO, Mr. Goutham Krishna V. S. and Ms. Ammu Anna George organized a CO programme on “Health and Hygiene” at Grace Pre-School, Old Bagalur Layout, Bengaluru. The session educated parents and children on maintaining personal hygiene and healthy daily habits.

At Ashraya Nagar, Peenya, Mr. Evan Aby Paul, in

association with Christel House India and Eco-Watch NGO, conducted a session on “Preventing Air and Water Pollution for a Healthy Future.” The program highlighted the harmful effects of pollution and encouraged sustainable and eco-friendly practices among parents.

Mr. Amal Biju and Ms. Priyanka M. R., in collaboration with Bosco Nivas, organized a CO programme on “Basic Hygiene and Sanitation for School Children” at St. Xavier’s High School, Shivajinagar. The session focused on promoting cleanliness, hygiene, and sanitation awareness among students.

At Liza’s Home, Ms. Anu Mary Raju and Ms. Jincy Ulahannan facilitated a session on “Healthy Habits, Healthy Lives: Combating Obesity.” The programme emphasized the importance of nutritious diets, physical activity, and lifestyle changes for overall well-being.

Through these programmes, the trainees effectively demonstrated community engagement, participatory learning, and the role of social workers in promoting health and sustainable living.



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